

**Full Report (All Nutrients) 14045, Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan**

Report Date: December 09, 2015 15:29 EST

Nutrient values and weights are for edible portion.

**Food Group : Beverages****Nitrogen to Protein Conversion Factor:6.38**

Manufacturer Unilever

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bottle 295g
<b>Proximates</b>					
Water	g	85.69	--	--	252.79
Energy	kcal	57	--	--	168
Energy	kJ	238	--	--	702
Protein	g	3.32	--	--	9.79
Total lipid (fat)	g	1.93	--	--	5.69
Ash	g	0.86	--	--	2.54
Carbohydrate, by difference	g	7.74	--	--	22.83
Fiber, total dietary	g	1.6	--	--	4.7
Sugars, total	g	5.95	--	--	17.55
<b>Minerals</b>					
Calcium, Ca	mg	161	--	--	475
Iron, Fe	mg	0.87	--	--	2.57
Magnesium, Mg	mg	45	--	--	133
Phosphorus, P	mg	161	--	--	475
Potassium, K	mg	193	--	--	569
Sodium, Na	mg	68	--	--	201
Zinc, Zn	mg	0.72	--	--	2.12
Copper, Cu	mg	0.012	--	--	0.035
Selenium, Se	µg	5.7	--	--	16.8
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	19.4	--	--	57.2
Thiamin	mg	0.170	--	--	0.502

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bottle 295g
Riboflavin	mg	0.190	--	--	0.560
Niacin	mg	2.260	--	--	6.667
Pantothenic acid	mg	1.378	--	--	4.065
Vitamin B-6	mg	0.225	--	--	0.664
Folate, total	µg	39	--	--	115
Folic acid	µg	39	--	--	115
Folate, food	µg	0	--	--	0
Folate, DFE	µg	66	--	--	195
Choline, total	mg	14.8	--	--	43.7
Vitamin B-12	µg	0.68	--	--	2.01
Vitamin B-12, added	µg	0.68	--	--	2.01
Vitamin A, RAE	µg	170	--	--	502
Retinol	µg	170	--	--	502
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	565	--	--	1667
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	4.58	--	--	13.51
Vitamin E, added	mg	4.58	--	--	13.51
Vitamin D (D2 + D3)	µg	1.1	--	--	3.2
Vitamin D	IU	45	--	--	133
Vitamin K (phylloquinone)	µg	6.5	--	--	19.2
<b>Lipids</b>					
Fatty acids, total saturated	g	0.540	--	--	1.593
4:0	g	0.008	--	--	0.024
6:0	g	0.001	--	--	0.003
8:0	g	0.002	--	--	0.006
10:0	g	0.003	--	--	0.009
12:0	g	0.002	--	--	0.006
14:0	g	0.015	--	--	0.044
15:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bottle 295g
16:0	g	0.283	--	--	0.835
17:0	g	0.000	--	--	0.000
18:0	g	0.132	--	--	0.389
20:0	g	0.036	--	--	0.106
22:0	g	0.018	--	--	0.053
Fatty acids, total monounsaturated	g	0.970	--	--	2.862
14:1	g	0.000	--	--	0.000
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.005	--	--	0.015
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	1.014	--	--	2.991
20:1	g	0.021	--	--	0.062
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.320	--	--	0.944
18:2 undifferentiated	g	0.310	--	--	0.914
18:3 undifferentiated	g	0.149	--	--	0.440
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	3	--	--	9
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0